

**Healthy baby
teeth give
your child a
beautiful smile.**



Protect Your Child's Smile

- **Find out about fluoride.**
- **Limit sweet snacks.**
- **Brush daily with fluoride toothpaste.**
- **Visit the dentist.
Ask about sealants.**

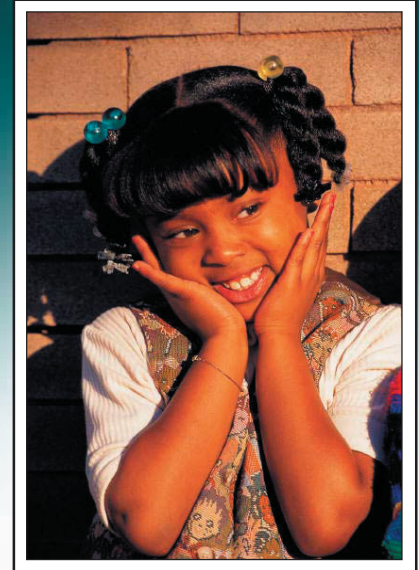
*For information on our Fluoride
Varnish clinics call:*

*Panhandle Health District
WIC Office
1106 Ironwood Drive
Lower Level
Coeur d'Alene, ID 83814
(208) 667-5415*

Created by:



Fluoride Coatings For Your Child's Teeth

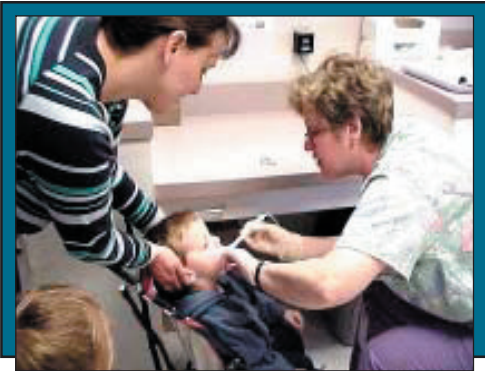


www2.state.id.us/phd1

FLUORIDE VARNISH PROTECTS TEETH

What Is It?

Fluoride varnish is a protective coating that is painted on a child's teeth to prevent cavities. Your dentist might even paint it on teeth that already have cavities because the fluoride can stop cavities from getting bigger.



Is It Safe?

Absolutely. It has been used in other countries for many years.

How Is It Put On?

The varnish will be painted on your child's teeth. There is no pain, but your child may cry just because babies don't like strangers putting their hands in their mouths.

There will be some yellow color on your child's teeth the first day and it will go away when the teeth are brushed the next day.



The fluoride coating will work best if it is painted on the teeth 2 times each year.

- After your child receives the fluoride varnish, he or she may rinse the mouth with cold water.
- Eating and drinking hot (warm) foods must be avoided for 24 hours.
- The child should not brush the evening following the fluoride application.